

DOODLE, SCRIBBLE RELEASE *Workbook*



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SKETCH WITHOUT CONTROL

Step 1

- Look around and pick one everyday object (a cup, plant, or key).

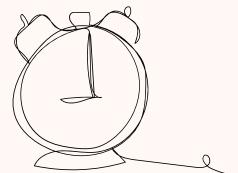
Step 2

- With your non-dominant hand, sketch it quickly — don't worry about perfection.
- Don't try to control the shapes. Just let your hand flow and see what shows up

Step 3

Reflect & write down your thoughts:

- What does it feel like to create without control?
- Did it bring up frustration, playfulness, or even relief?





CLOSED EYES DOODLE

Step 1

- Close your eyes and let your pen or pencil wander freely across the page for 30–60 seconds.

Step 2

- Open your eyes and observe what emerged on the page.

Step 3

- Look for shapes, patterns, or forms you can see. Add some colors and explore how you might develop the piece further — no pressure to “finish” it perfectly.

Step 4

Reflect & write down your thoughts:

- What surprised you when you let go of seeing?
- Did new ideas or feelings emerge as you explored?





MUSIC MARKS



Step 1

- Play a song of your choice — anything that speaks to your current mood.

Step 2

- Let your hand move freely on the page in rhythm with the music. Go fast, slow, sharp, or wavy — whatever feels natural.

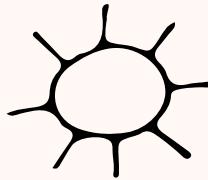
Step 3

- Continue for at least one minute. Focus on the movement and marks rather than creating a “picture.”

Step 4

Reflect & write down your thoughts:

- Did letting the music guide your hand change your mood or energy? What did you notice about your movements or marks?



ONE SYMBOL

Step 1

- Close your eyes and think about one thing you want more of in your life — it could be a feeling, quality, or experience.

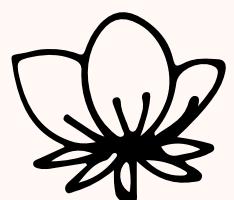
Step 2

- Open your eyes and draw a single symbol that represents this intention. It doesn't have to be literal — simple shapes or abstract marks work perfectly.

Step 3

Reflect & write down your thoughts:

- What does this symbol remind you of?
- How can you keep it visible this week to inspire or guide you?





TORN PAPER COLLAGE

Step 1

- Gather a few old magazines, newspapers, or colored sheets of paper.

Step 2

- Without using scissors, tear out images, words, or shapes that catch your eye.

Step 3

- Arrange them into a collage on a sheet of paper. Don't plan — simply place the pieces where they fall.

Step 4

- What story do you see in the randomness?
- Is there a message or insight you want to take away from this collage?

